

## Complete Meals = Best Nutritional Value

Complete Lunch Meals include a variety of food choices from Entrée and Side menu items.

Daily Entrée, Sandwich, Wraps and Salads offer:

- ✿ 2-ounce serving of **Meat** and/or **Meat Alternate** such as cheese, yogurt, eggs, beans
- ✿ 2-ounce equivalent serving from **Breads, Rice, Pasta**
  - ✿ Up to 2 **Vegetable** servings (1/2 cup each) with Entrée, Sandwich, or Wraps
  - ✿ Up to 1 additional **Vegetable** (1/2 cup) serving with Entrée Salad
- ✿ Up to 2 **Fruit** servings from the following choices:
  - ✿ Fresh Fruit, Chilled Fruit Cup,
  - ✿ 100% Juice, Dried Fruit(Portion size is 1/2 cup each - dried fruit is 1/4 cup)
- ✿ 1 choice of **Fluid Milk**

Complete Lunch Meals must include three food components with at least one full serving (1/2 cup) from vegetable, fruit or juice.

Some items count toward two components. Ask for help if needed.

A Complete Lunch is the best nutrition value and dollar value, so...Fuel Up on Lunch and Power through your day!